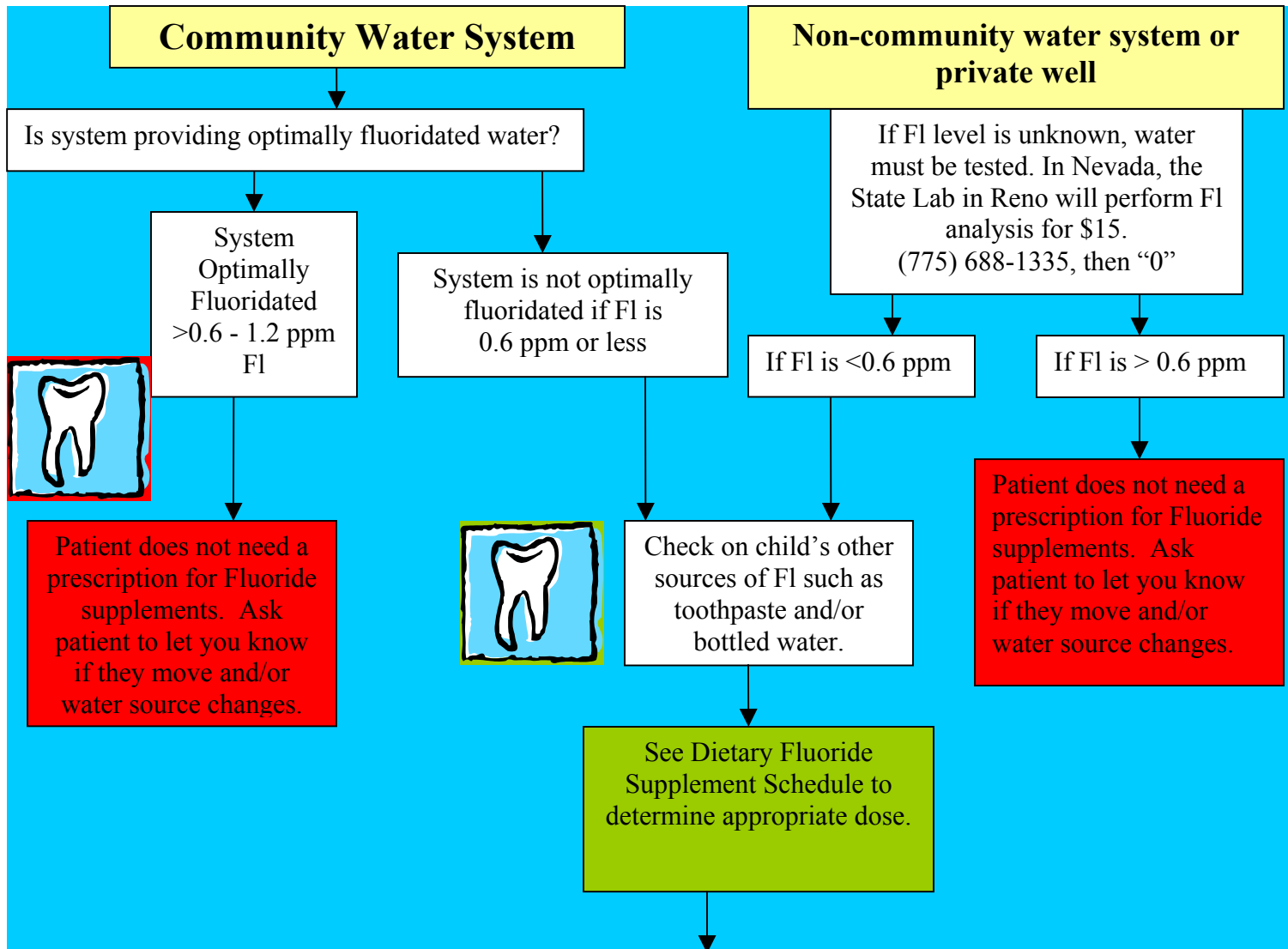


Guidelines for Dietary Fluoride (F1) Supplementation



Dietary Fluoride Supplement Schedule (Fluoride supplements** available by prescription only)

| Age | Fluoride ion level in drinking water (ppm)* | | |
|-----------------|---|--------------|-----------|
| | < 0.3 ppm | 0.3 -0.6 ppm | > 0.6 ppm |
| Birth – 6 mos. | None | None | None |
| 6 mos. – 3 yrs. | 0.25 mg/day | None | None |
| 3 – 6 yrs. | 0.50 mg/day | 0.25 mg/day | None |
| 6-16 yrs. | 1.0 mg/day | 0.50 mg/day | None |

* 1 part per million (ppm) = 1 milligram/liter (mg/L)

**Most supplements are sodium fluoride. 2.2 mg sodium fluoride contains 1mg fluoride ion.

It is suggested that only children living in non-fluoridated areas use dietary fluoride supplements between the ages of 6 months to 16 years.

See your physician or dentist prior to taking fluoride supplements. Do not share prescriptions.

Data Sources:

- American Dental Association, Council on Access Prevention and Interprofessional Relations. *Caries Diagnosis and Risk Assessment: A Review of Preventive Strategies and Management*. J AM Dent. Assoc. 1995; 126 (Suppl).
- Special Issue: Reference Manual, 1994-1995. Academy of Pediatric Dentistry. Pediatric Dentistry 1994-1995; 16(7): 1-96.
- Committee on Nutrition, American Academy of Pediatrics. *Fluoride Supplementation for Children: Interim Policy Recommendations*. Pediatrics 1995, 95(5): 777.